

We are the only local retailer who carries them. If you've not seen these shoes, you've got to check them out. They blow Vibrams away.



Move over Five Fingers

VIVOBAREFOOT is a minimalist shoe with a patented, ultra thin puncture resistant sole that offers maximum sensory feedback and maximum protection. 70% of your brain's information for movement comes from the nerves on the soles of your feet. The more you can feel the ground, the greater your body has understanding of its surroundings and natural movement.

We've tried these amazing training shoes intended for barefoot running and leaned how awesome they perform while doing **functional strength training**. We've also received positive feedback from **Crossfitters**, **Pilates** and **Yoga** instructors as well as **massage therapists**.

The benefits of EVO shoes are the same as walking barefoot

Strength

While naturally strengthening the muscle in your feet, you are also exercising calves, thighs, gluts, the lower back and abdomen, increasing your core strength.

Stimulation

By increasing sensation to all 200,000 nerve endings in your feet, you enhance sensory perception and improve circulation.

Alignment

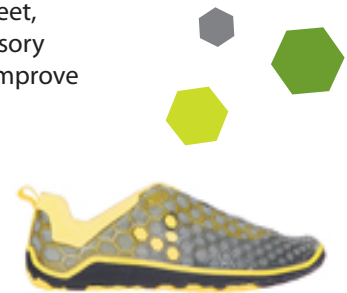
As our posture naturally improves, we lessen impact on our knees and hips.

Protection

Our patented, puncture resistant sole allows all the benefits of barefoot, with all the protection of normal shoes.

VivoBarefoot additional features:

- Natural leather uppers
- Vegan
- Non sweat shop production
- Recycled, sweat absorbing and antibacterial shoe liner
- Breathable, removable and washable footbed
- Anatomically aligned to the axis of the footbed
- Lightweight, flexible design promotes natural development of all muscle groups in the foot, leading to strong, healthy feet and ankles.



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TERRA PLANA
USING **VIVO BAREFOOT** TM TECHNOLOGY